



- Cocktails and Cream Puffs -

Menu – Pâte a choux pastry (Cream Puff) – Vanilla Whipped Cream –
Profiteroles with Chocolate Sauce - French 75 Cocktail

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Shopping List

Fruits/Vegetables

- 1 fresh lemon

Dairy

- 2 cups heavy cream
- 8 TB unsalted butter
- 4 large eggs, divided

Pantry

- 12 ounces chocolate chips
- 2 TSP honey
- Salt
- 4 TB powdered sugar
- 1 TSP vanilla
- 1 cup all-purpose flour
- 1 TSP granulated sugar plus ½ cup for simple syrup

Freezer

- 1 pint your favorite flavor ice cream
- Ice cubes

Alcohol

- Mini bottle champagne or prosecco
- 3 ounces gin

Extra

- 2 TB brewed coffee

Equipment List

Pots

- 2 Heavy bottom saucepans

Specialty Pastry Items

- Disposable pastry bag or large Ziploc bag
- 2A Wilton Tip (1/2") – optional – I use this when piping puffs but you can just use bag without a tip
- Small star tip if desired

Baking

- Large baking sheets
- Parchment paper or Silpat mats

Utensils

- Spatula
- Wooden spoon
- Whisk
- Pastry brush
- Measuring spoons
- Measuring cups
- Small paring knife

Electric

- Hand held mixer
- Kitchenaid mixer

Bowl

- Medium size glass mixing bowl

Barware

- Cocktail shaker
- 2 Champagne flutes

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

To prepare in advance:

- Preheat the oven to 400° F.
- Line your baking sheets with parchment or Silpat mats
 - **Tip – if you want to have very even puffs, draw circles of 1 ¾” – 2” wide with a pencil on the parchment then flip the sheet over and pipe on the other side.*
- Prepare two disposable pastry bags or Ziploc bags (1 for cream puffs, one for vanilla Chantilly cream)
- Cut up the stick of butter

Cream Puffs

(Pâte a choux pastry)

Makes about 18 puffs

8 TB unsalted butter, cut into 16 pieces

1 cup water

¼ TSP salt

1 TSP granulated sugar

1 cup all-purpose flour

3 large eggs, plus 1 for egg wash

Preheat the oven to 400°F.

In a heavy saucepan, over medium low heat, combine butter, water, salt and sugar. Give it a stir every few minutes so the butter is incorporated.

Control the heat so the butter melts before the water boils! Once the mixture boils, add the flour all at once and stir vigorously until all flour is incorporated. Keep stirring until the mixture comes together in a smooth ball and there is a thin coating on the bottom of the pan, 1 – 2 minutes.

Remove the pan from the heat and place the pastry dough in a stand mixture. Using the paddle attachment, beat the dough 1 – 3 minutes to cool it off. Continue to beat until no steam appears.

Next add one egg at a time, total of 3, until each is incorporated. The dough will seem to separate, keep beating it and it will turn into a thick paste.

Transfer the pâte a choux into a Ziploc bag with the tip trimmed off or use a disposable pastry bag fitted with a ½” tip (Wilton 2A). Pipe the puffs onto the parchment lined baking sheet. Each puff should be about 1 ¾” – 2” wide and ¾” tall. Dampen your finger with water and tap the pointed tips down so they do not burn. In a small bowl make the egg wash, whisk the last egg with 1 TSP of water. Brush the egg wash on the top of each puff.

Bake the puffs at 400°F for 20 minutes, turn down the oven to 350°F and continue to bake 10 - 12 minutes. CAUTION - Do not open the oven door until baked for 30 minutes. Cool completely then fill.

Chocolate Sauce

12 ounces semi-sweet chocolate chips
½ cup whipping cream
2 Tsp honey
2 TB black coffee

Place a glass bowl over a pot of simmering water. Make sure the bottom of the bowl does not touch the water. Place the chocolate and cream in the bowl and stir gently until all the chocolate is melted. Add the honey and black coffee, stir.

Profiteroles

12 cream puffs, sliced in half
1-pint favorite ice cream
1 recipe chocolate sauce

Place 2 – 3 cream puffs on a dessert plate. Fill each puff with a small scoop of your favorite ice cream. (Traditionally it is vanilla!) Drizzle the chocolate sauce over the top and serve immediately.

Vanilla Chantilly Cream

1 ½ cups heavy whipping cream
1 TSP vanilla extract
4 TB powdered sugar

Place the whipping cream in a large bowl. Start to beat with a hand-held mixer on medium speed. Once the cream starts to foam, add the vanilla and increase the speed to high. Once the cream starts to thicken, add 1 TB of sugar at a time, waiting for it to incorporate before adding the next. Beat until stiff peaks form. Chill until ready to use.

French 75 Cocktail

Makes 2 cocktails

1, 187 ml mini bottle of champagne, prosecco or sparkling wine
3 ounces gin, divided
3 ounces simple syrup
3 ounces fresh squeezed lemon juice, divided
Lemon curls for garnish

First make the simple syrup, add $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup of granulated sugar to a small saucepan. Bring the mixture to boiling and stir until all the sugar has dissolved. Remove from heat and let cool to room temperature. Store extra syrup in an airtight bottle in the refrigerator.

To make the cocktails, mix the gin, simple syrup and lemon juice in a cocktail shaker with ice cubes. Shake vigorously for 30 seconds. Strain the mixture into 2 champagne flutes. Top with champagne (or prosecco). Garnish each flute with a lemon peel.